



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm	TALKING CIRCLE 10:00 -12:00 Beginner Level	OLDER ADULTS <i>Trip to Dartmouth on Ferry</i> 10:00 -12:00 meet at the YMCA at 9:30	MIND AND BODY 10:00-12:00 At Mosaic Church			SATURDAY STUDY SKILLS 10:00-12:00	
Lunch 12 to 1 pm			GUYS SOCCER 12:30 BMO		SEWING CLASS 12:00-3:00		OPEN HOUSE VOLUNTEERING 12:30
Afternoon 1 to 4 pm		HOMEWORK CLUB 3:30-5:00 Keshen Goodman Library					TALKING CIRCLE 1:30-3:00 St.Paul's United Church (Spryfield)
	Y CONNECTS FOR KIDS <i>Grade 3 - 6</i> 2:50 - 4:30 Fairview Heights Elementary	TALKING CIRCLE 3:30-5:00 Class I: Level 1 Class II: Level 2					
Early evening 4 to 6 pm			WOMEN LITERACY CLASS 4:30-6:30		OPEN HOUSE VOLUNTEERING 4:30		
Late evening 6pm onward		GET FIT FOR WOMEN 6:00-7:00 WITH CONGRUENT PROGRAMMING FOR CHILDREN 5 - 12 y.o.	FAMILY FUN <i>At Keshen Goodman Library</i> 6:00-8:00 Meet at Keshen at 6:00				

These activities are available free to Permanent Residents. Please register at YMCA Centre for Immigrant Programs

104—7071 Bayers Road

call: 902-457-9622

email: yis@halifax.ymca.ca

www.ymcahfx.ca/schedules/

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach